

Claims:

1. A method for generating an audio programme, the programme having a plurality of phases, in which each phase is generated by selecting a plurality of audio sequences selected at random from a repertoire of audio sequences, and reproducing the selected audio sequences in succession.
- 5 2. The method of claim 1, wherein each phrase comprises a predetermined number of audio sequences selected at random from a repertoire of one or more sequences specific to that phrase.
- 10 3. The method of claim 1, wherein one or more of the phases always lasts a predetermined length of time.
4. The method of claim 1, wherein one or more of the phases has a variable length.
5. The method of claim 4, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used
- 15 6. The method of claim 1, which is performed by hardware that has been designed specifically for reproduction of audio signals.
7. The method of claim 1, which is performed by a general-purpose computer having suitable audio reproduction hardware.
- 20 8. Computer hardware for generating an audio programme, the programme having a plurality of phases, in which each phase is generated by selecting a plurality of audio sequences selected at random from a repertoire of audio sequences, and reproducing the selected audio sequences in succession, said hardware having a program memory, a processor for executing a program stored in the program memory, a sequence memory in which is stored a plurality of audio sequences, and audio reproduction hardware, there being stored in the program memory a program which, when executed by the processor, causes the audio reproduction hardware to reproduce audio sequences stored in the sequence memory.
- 25 9. Computer hardware as claimed in claim 8, wherein at least a part of the program memory is constituted within a non-volatile memory device.
- 30 10. Computer hardware as claimed in claim 7, wherein at least a part of the sequence memory is constituted within a non-volatile memory device.

11. Computer hardware as claimed in claim 8, wherein the ROM is provided in a configuration that can be readily exchanged by a user, such as in a cartridge or a card.
12. Computer hardware as claimed in claim 8, wherein at least a part of the memory is permanently or semi-permanently installed within the hardware.
13. A computer program product executable by computer hardware to perform a method for generating an audio programme, the programme having a plurality of phases, in which each phase is generated by selecting a plurality of audio sequences selected at random from a repertoire of audio sequences, and reproducing the selected audio sequences in succession.
14. A computer program product as claimed in claim 13, wherein said computer program product is executable by hardware having a program memory, a processor for executing a program stored in the program memory, a sequence memory in which is stored a plurality of audio sequences, and audio reproduction hardware, there being stored in the program memory a program which, when executed by the processor, causes the audio reproduction hardware to reproduce audio sequences stored in the sequence memory.
15. A method of relaxing and for reducing stress in an individual, which method comprises exposing said individual to a performance of music and randomly selected voiceover, and wherein the length of the overall performance is pre-determined by the individual.
16. A method of relaxing and for reducing stress in an individual as claimed in claim 15, which method comprises exposing said individual to a performance of music and voiceover comprising at least the following sequential phases:
 - a) a first phase of combined music and randomly selected voiceover comprising instructions to lower said individual from a conscious state into a subconscious state;
 - b) a second phase of combined music and randomly selected voiceover comprising suggestions to maintain the individual in said subconscious state; and
 - c) a third phase of combined music and randomly selected voiceover comprising instructions to lift the individual from said subconscious state to a conscious state;

and wherein the length of the overall performance is pre-determined by the individual.

17. A method as claimed in claim 16, wherein prior to the first phase a) the individual is exposed to an introduction phase of combined music and randomly selected voiceover including a description of the nature of the method to follow.
- 5 18. A method as claimed in any one of claim 16, wherein the overall performance time is from 10 to 60 minutes.
19. A method as claimed in claim 16, wherein the first phase a) and the third phase c) are of the same or similar length in time.
- 10 20. A method as claimed in claim 15, wherein the music is anxiolytic music and comprises randomly selected pieces of anxiolytic music.